

DECEMBER

Fitness Class Schedule 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Back to Basics* 5:45-6:45am Besime	BODYPUMP™ 5:45-6:45am Reyne	KICK'N Strength 5:45-6:45am Besime	BODYPUMP™ 5:45-6:45am Reyne	PiYo® 5:45-6:35am Emily		
	Aquabata 8:00-8:45am Risa		Water Works 8:00-8:45am Risa		BODYPUMP™ 8:00-9:00am Reyne	
AquaFIT* 9:00-9:45am Jes M.		AquaCORE 9:00-9:45am Jes M.		AquaFIT 9:00-9:45am Jes M.	Aqua Dance 9:00-9:45am Jes M.	
	FOREVER FIT 9:00-9:45am Risa	Total Body Toning 9:00-10:00am Lori L.	CBS 9:00-9:45am Risa	Yoga/Stretch 9:00-9:45am Lori H.	No Class Dec 16 Aqua Rock 10:00-10:45am Jes M.	No Class Dec 3 Aqua Rock* 1:00-1:45pm Mark
Deep Water* 10:00-10:45am Risa	Water Works 10:00-10:45am Risa	Water Walking 10:15-11:00am Lori L.	Aquabata 10:00-10:45am Risa		NOTES: *Dec 24, 25, 31 No classes— facilities closed.	
YPS* 12:15-12:45pm Sheila	Cardio+Strength 12:15-12:45pm Brandi		Butts & Guts 12:15-12:45pm Brandi			
KICK'N Aqua* 4:15-5:15pm Besime		NEW Aqua Rock 3:30-4:15pm Mark				
NEW TIME AquaCORE* 5:30-6:15pm Jes M.						
KICK'N Step* 5:30-6:30pm Besime	Tabata 5:30-6:15pm Riley		Strength+Core 5:30-6:30pm Riley		CRFC Subs: -BODYPUMP Dec 2 (RISA) -BODYPUMP Dec 16 (MIKAELA) -BODYPUMP Dec 21 (Strength+Core —MAGGIE) BSC AWC Subs: -Aqua Dance Dec 2 & 16 (MARK) -Aqua Rock Dec 2 (MARK) -Cardio+Strength Dec 26 (MAGGIE) -Strength+Core Dec 7 (MAGGIE)	
Candlelight Yoga* 6:40-7:40pm Besime	Aqua Rock Deep 7:15-8:00pm Mark	SHiNE Dance 6:00-6:45pm Kristine	No Class Dec 21 Aqua Dance 6:00-6:45pm Kristine			
FOREVER FIT* 4:30-5:15pm Maggie	Yoga/Stretch 4:30-5:15pm Lori H.	KICK'N Step 4:15-5:15pm Besime	Yoga/Stretch 4:30-5:15pm Lori H.			
Cycling* 5:30-6:20pm Reyne	S³ Fusion 5:30-6:30pm Shannon B.	BODYPUMP™ 5:30-6:30pm Reyne	Pilates 5:30-6:20pm Shannon B.			
BODYPUMP™* 6:30-7:30pm Risa					CLASSES HELD @ BSC AWC FITNESS STUDIO	CLASSES HELD @ CRFC FITNESS STUDIO

NOW HIRING Group Fitness Instructors! Contact Linsay Berg at Lberg@bisparks.org

CLASS DESCRIPTIONS

Aquabata: This shallow water workout includes aerobic and anaerobic training exercises in a Tabata format.

AquaCORE: This class will use floatation belts in the shallow pool to incorporate abdominal exercises, cardio, and stability.

Aqua Dance: Dance to the beat of the music in the water! Enjoy the fun of dancing with little or no impact on your joints. No swimming ability required. Class is in the shallow water.

AquaFIT: Use the resistance of water to improve cardiovascular fitness, core strength, endurance and overall tone in the shallow pool.

Aqua Rock Fitness®: This high energy, low impact class is for everyone. Jab, punch, and kick to classic rock music in the shallow pool. Aqua Rock Deep is in the deep water.

Back to Basics: Enjoy a workout focusing on the 7 primal movements – Push, Pull, Squat, Lunge, Rotation, Hinge and Gait. Each class will focus on these 7 movements to give you a good mix of cardio, strength and core control.

BODYPUMP™: This Les Mills class includes toning and conditioning with weights and is for anyone who wants to add strength training into their aerobic workout. The simplicity of the class makes it a great starting point to develop strength and confidence. Motivating music and compelling choreography keep you going through the workout. You'll use a step platform, barbell and a set of weights.

Butts & Guts: This class will focus on those hard to reach areas that we'd all like to improve. Exercises target and tone your entire core and lower body.

Candlelight Yoga: Enjoy a slow relaxing Yoga flow to help you unwind from your day with great music and peaceful lighting. You will go home feeling refreshed yet relaxed for a great nights sleep.

Cardio + Strength: A short and sweet interval style workout that combines cardio moves with a variety of strength equipment.

CBS: Core, Balance, Stretch. This class will concentrate on improving your core strength, balance, and flexibility.

CORE 30: A low impact class utilizing Pilates and other functional exercises that will help improve flexibility and balance, while building muscle strength and endurance in the legs, abdominals, arms, hips, and back.

CYCLING: A cardiovascular training activity performed indoors in a group setting. No complicated choreography, intensity controlled by you and easy to learn techniques will make you want to come back class after class!

Deep Water: A great workout, where the intensity is increased through the resistance of the water. Using floatation devices, you power walk or run with enough vertical space so your feet do not touch the bottom. Comfort in Deep Water required.

Forever Fit: Is a low impact total body workout that incorporates cardio, strength, balance, and stretch.

KICK'N Aqua: Jab, Punch, kick against the waters resistance in shallow water. The class will also incorporate a variety of low impact cardio and strength moves for a full body workout.

KICK'N Step: This moderate to high intensity cardio workout uses the step platform while doing upper body movements. A variety of resistance equipment will also be used to increase muscle strength.

KICK'N Strength: Is a full body strength workout using a combination of free weights, resistance bands, body bars, stability ball, step, kettlebells, and stationary kickboxing moves.

PILATES: Focuses on the body's core using breathing to energize the muscles. We will use our own body weight to focus on our symmetry in strength, flexibility, tension, range of motion, and weight distribution. Be prepared to lengthen and strengthen your muscles.

PIYo®: Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle.

SHiNE Dance Fitness™: teaches you original routines rooted in jazz, ballet and hip-hop to a variety of hit music. Each class is designed to give participants a full-body workout through high cardio and toning.

Streth + Core: Isolate and exercise your core while building strength, stability, and endurance. Tone and strengthen muscles dedicated to balance, injury prevention, and centralized force. Experience a unique combination of dedicated abdominal, hip, glute, and lower back exercises for maximum results.

S³ Fusion: Spin/Step, Sculpt, Stretch. This class has the perfect balance for an effective workout involving cardio, strength, and flexibility.

TABATA: This high intensity interval training (HIIT) class works your entire body. It is a quick and effective workout that includes a variety of 20 second high-intensity anaerobic exercises followed by a 10-second recovery.

TOTAL BODY TONING: A variety of cardio exercises followed by strength and stretch.

WATER WALKING: Provides an easy, safe, and effective way to increase aerobic fitness, endurance, and muscle strength. No swimming ability required, class is held in shallow water. Water shoes recommended.

WATER WORKS: This shallow water workout includes aerobic and anaerobic training exercises. You will improve cardiovascular stamina, muscular endurance, and flexibility without putting stress on your joints. No swimming ability required.

YOGA/STRETCH: Using traditional and yoga inspired stretches to increase range of motion, flexibility, balance and your ability to avoid future injuries.

YPS: Yoga, Pilates, Stretch will focus on functional body weight exercises while implementing breathing techniques to improve core strength, balance, flexibility, and range of motion.

Group Fitness Classes are FREE for BSC AWC/CRFC members. Non-members a daily admission fee applies (\$5 - \$7).

Participant must be at least 12 years of age and accompanied by an adult until the age of 16. For any questions please call 701-751-4266.